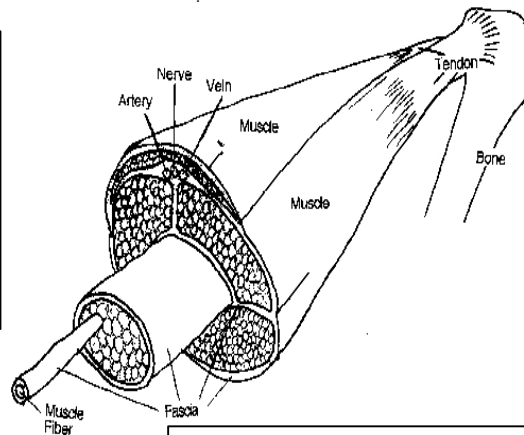


Fascia provides structural support and protection

- runs throughout the entire body
- surrounds muscle, bone, nerve, blood vessel and organ
- wrapping essentially everything from top to toe and from inside out.



Superficial fascia top layer, mixed with fat
Deep fascia densely packed, divides muscle groups
Myofascia isolates muscles
Subserous fascia covers organs

Fascia contains

- Cells called fibroblasts
- Collagen fibers in parallel bundles .
- Intercellular matrix of protein and carbohydrate



Healthy fascia:

- muscles freely contract and relax.
- nerves correctly signal their commands to all systems.
- blood and lymph can flow
- organs moves and glands provide their products

Changes in fascia

- Injury and trauma → contraction in the fascia 'scar' formation
- Chronic overload → more fibrous tissue, loss of pliability, flexibility, function
- Immobility → intercellular substance thicker, fibres form cross-binding, loss of flexibility, function

